Oregon SCIENTIFIC

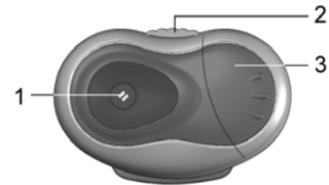**Pedometer with Pulse Meter
Model: PE326PM**

USER MANUAL

Thank you for selecting an Oregon Scientific™ pedometer (PE326PM).

Keep this manual handy as you use your new product. It contains practical step-by-step instructions as well as technical specifications and warnings you should know about.

FRONT VIEW

1. Pulse meter: Insert finger to measure pulse rate
2. **COVER RELEASE:** Press to open protective cover
3. Battery compartment

INTERIOR

1. **MODE**: Toggles between **STEP, DIST / TIMER** and **CAL / TIMER**
2. **ST / SP**: Starts / Stops timer
3. ☀: Turns backlight on
4. Motion Sensitivity switch: Increases or decreases unit sensitivity
5. LCD
6. ♥: Press to enter **PULSE** mode
7. **RESET / ▲**: Resets display mode values to zero, increases value in settings
8. Belt clip

LCD

1. Displays when in **PULSE** mode
2. Displays when batteries are low
3. Displays when calories are shown
4. Displays when timer is running
5. AM / PM for 12 hour format
6. Indicating mode displayed:
- **STEP** displays the number of steps taken and the clock
- **DIST / TIMER** displays the distance traveled and the count-up timer
- **CAL / TIMER** displays the approximate number of calories expended and the count-up timer
7. Distance in Km or Mile
8. Weight in Kg or Lbs
9. Displays when in Timer Mode
10. Stride in Cm or Inches

INSULATION TAPE

Before using the device, pull out the insulation tape underneath the battery cover.

NOTE The unit will not work until the tape is pulled out.

BATTERIES
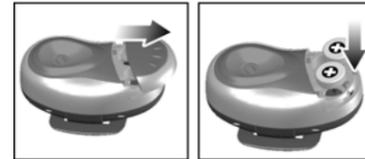
To change the batteries:
1. Gently press and pull the battery compartment door.
2. Insert 2 x LR44 size 1.5V batteries or equivalent.
3. Replace the battery compartment door.

NOTE Protect the environment by taking exhausted batteries to authorized disposal stations.

⬚ Shows when batteries are low.

To open the cover:
Holding the pedometer upright, grasp the clip with one hand and press the **COVER RELEASE** button with the other.

CLOCK

1. Press **MODE** until the **STEP** mode is displayed.
2. Press and hold **MODE** for two seconds. The 12-hour value will flash. Press **RESET / ▲** to select between 12 hour and 24 hour format.

2. Press **MODE**, the "hour" digits will flash.
3. Press **RESET / ▲** to alter hour value. Press and hold to increase the value rapidly.
4. Press **MODE** to confirm the change and move on to the next setting.
5. Repeat 3, 4 to complete setting minute and second values.

DISTANCE AND CALORIES

Total distance = steps taken x average step length. Measuring distance correctly depends on setting the correct average length of individual stride.

Precise calories expended calculations require taking into account many factors. The PE326PM uses body weight and the number of steps taken to give a good estimate.

To set stride length and body weight:
1. In **DIST / TIMER** or **CAL / TIMER** mode press and hold **MODE** for two seconds to enter STRIDE / WEIGHT display. The stride numbers will flash.

2. Press **RESET / ▲** until the desired length of stride is selected (30 to 150cm or 11 to 60 inches).
3. Press **MODE**, the weight numbers will flash.
4. Press **RESET / ▲** until desired weight setting is reached (30-150kg or 65-340lbs).
5. Press **MODE** to confirm and exit.

TIP Individual stride-length varies. Input an appropriate length for an average stride. To

determine length of stride walk 10 paces and divide distance traveled by 10.
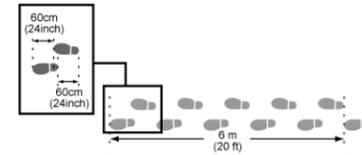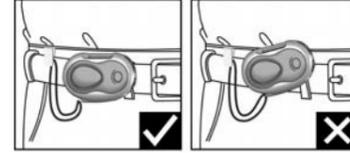

NOTE To make the unit more or less sensitive to motion, reposition the motion sensitivity switch. To determine the proper amount of motion sensitivity, experiment with different settings.
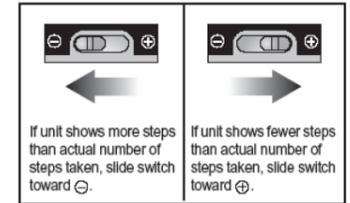
MOTION SENSITIVITY

Follow these important procedures to adjust the Motion Sensitivity and ensure accurate readings:
1. Correctly position and attached the unit to a belt or waistband.

2. Reset step counter to zero.
3. Walk at a normal pace; take at least 100 steps.

If unit shows more steps than actual number of steps taken, slide switch toward ⊖.

If unit shows fewer steps than actual number of steps taken, slide switch toward ⊕.

4. Adjust sensitivity switch if walking speed changes. Repeat steps 2-4 until accurate reading is obtained.

The following conditions may cause incorrect reading of steps taken:
1. Uneven walking pace, such as walking in crowded areas or on uneven floor.
2. Frequent up and down movements, such as standing up and/or sitting down; running, jumping, going up and down stairs etc.

COUNT-UP TIMER

The count-up timer will start from zero and count to a maximum time of 99 hours, 59 minutes, and 59 seconds (99:59'59").

1. In **DIST / TIMER** or **CAL / TIMER** mode press **ST / SP** to start the timer.

2. Press **ST / SP** again to stop the timer.

To reset the timer to zero, press **RESET / ▲** in **DIST / TIMER** or **CAL / TIMER** mode.

TO VIEW VALUES

To view steps taken, distance traveled and calories expended:
Press **MODE** to enter the desired mode.

To reset the values, press **RESET / ▲** in **STEP** mode.

NOTE The total distance and calories expended will be cleared along with the total steps.

MEASURING PULSE RATE

The built-in Pulse meter provides an easy way to measure your pulse rate while working out.

A person's pulse rate indicates the number of times that the heart beats within a given amount of time. This unit attempts to calculate approximately how many times a heart will beat in one minute.

Insert your finger loosely into the Pulse meter on the outside of the unit.
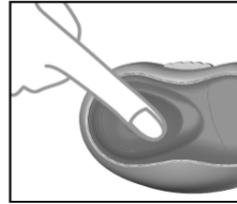
1. Press ♥ to enter **PULSE** mode. The ♥ symbol will flash while pulse is measured.

2. The pedometer will return to previous mode a few seconds after finger is removed.

Alternatively, press ♥ to exit **PULSE** mode.

If you cannot get a reading or think yours is not correct, follow these tips to ensure accurate measurements:
- Cold fingertips and chill air can affect the measurement. You may need to warm your hands before you start.
- The sensor is sensitive to light sources. Cover the entire sensor area with your fingertip to block all light.
- Gently touch the pulse sensor; do not press hard.
- Keep still and calm during measurement. Moving about can affect the reading.

Wait the proper amount of time: measurements can take 6-12 seconds depending on the stability of the signals received.

FITNESS TIPS

To keep fit, it generally takes a person weighing 60kg to walk 10,000 steps to burn approximately 300 calories. The following diagram will give you some basic reference to the calorie consumption for people of various weights.
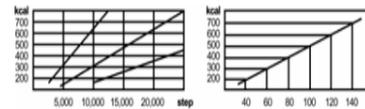
This product is designed to give you years of service if handled properly. Observe the following guidelines:
- Clean the unit with a slightly damp cloth and mild detergent.
- Never immerse the unit in water. This can cause electrical shock and damage the unit.
- Do not subject the main unit to extreme force, shock, or fluctuations in temperature or humidity.
- Do not tamper with the internal components. Doing so will terminate the unit's warranty and may cause damage. The unit contains no user-serviceable parts.
- Do not mix new and old batteries or batteries of different types.
- Do not use rechargeable batteries with this product.
- Remove the batteries if storing this product for a long period of time.
- Do not scratch the LCD.
- Read this instruction manual thoroughly before operating the unit.
- Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is necessary.

The contents of this user manual and technical specifications are subject to change without further notice. Images not drawn to scale. The manufacturer and its suppliers hold no responsibility to you or any other person for any damage expenses, lost profits or any other claim that arose by using this product.

TYPE	DESCRIPTION
Operating modes	STEP, DIST / TIMER, CAL / TIMER
Real time clock	12 hour / 24 hour option with hour / minute / second display
Step counter	0 to 99,999 steps
Distance traveled	0 to 999.99 km (0 to 999.99 miles)
Count up timer	99 hours, 59 minutes, 59 seconds
Stride distance	30 to 150 cm (11 to 60 inches)
Calorie	0.1 to 9999.9 kcal
Weight range	30 to 150 kg (60 to 340 lbs)
Pulse range	40 to 206 bpm
Operating temp	-10 to 40 °C (14 to 104 °F)
Storage temp	-20 to 60 °C (-4 to 140 °F)
Batteries	2 x LR44 1.5V
Battery life	1 year
Product size (L x W x H)	64 x 33 x 40 mm (2.52 x 1.30 x 1.58 inches)
Weight	33.0 g (1.16 ounces)

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products such as digital cameras; MP3 players; children's electronic learning products and games; projection clocks; health and fitness gear; weather stations; and digital and conference phones. The website also includes contact information for our Customer Care department in case you need to reach us, as well as frequently asked questions and customer downloads.

We hope you will find all the information you need on our website, however if you're in the US and would like to contact the Oregon Scientific Customer Care department directly, please visit: www2.oregonscientific.com/service/default.asp

OR

Call 1-800-853-8883.

For international inquiries, please visit: www2.oregonscientific.com/about/international.asp

Hereby, Oregon Scientific, declares that this pedometer (model PE326PM) is in compliance with the essential requirements and other relevant provisions of EMC directive 89 / 336 / CE and LVD directive 73 / 23 / EC.

A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.